



SEAFOOD FRITTATA

Category: Popular

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Seafood Frittata

A Seafood Frittata is a wonderfully versatile and delicious dish that combines the richness of eggs with the delicate flavors of fresh seafood. Packed with shrimp, scallops, and fish, this dish is perfect for brunch, lunch, or even a light dinner.

With its smooth texture and savory ingredients, the seafood frittata offers a satisfying, protein-packed meal. The beauty of a frittata is that it can be customized with various ingredients, making it perfect for whatever seafood is available or your personal preferences.

Whether you're entertaining guests or enjoying a cozy meal at home, this seafood frittata is sure to impress.

Ingredients:

8 large eggs

1/2 lb shrimp, peeled and deveined, chopped into bite-sized pieces

1/2 lb scallops, chopped into bite-sized pieces

1/2 lb white fish (such as cod or tilapia), cut into small chunks

1/2 cup onion, finely chopped

1/2 cup bell pepper, finely chopped (red or yellow)

1/2 cup cherry tomatoes, halved

1/4 cup fresh parsley, chopped

1/2 cup shredded cheese (cheddar, mozzarella, or a blend)

1 tbsp olive oil

Salt and pepper to taste

1/4 tsp red pepper flakes (optional for some heat)

1 tbsp fresh lemon juice

1/4 cup heavy cream (optional for extra creaminess)

How to Make:

Prepare the seafood: In a large skillet, heat the olive oil over medium heat. Add the shrimp, scallops, and fish, cooking for 3-4 minutes until the seafood turns opaque and is cooked through.

Remove the seafood from the skillet and set it aside. If any liquid remains in the skillet, remove it to prevent the frittata from becoming too watery.

Sauté the vegetables: In the same skillet, add the chopped onion and bell pepper. Sauté for 5-7 minutes, stirring occasionally, until the vegetables are softened. Add the cherry tomatoes and cook for an additional 2-3 minutes until they soften and release some of their juices. Season with a pinch of salt and pepper.

Prepare the egg mixture: In a large bowl, whisk together the eggs, heavy cream (if using), lemon juice, and a pinch of salt and pepper. Add the chopped parsley and the cooked seafood to the egg mixture, gently folding them in to combine.

Cook the frittata: Preheat your oven to 350°F (175°C). Pour the egg and seafood mixture over the sautéed vegetables in the skillet. Cook over low-medium heat on the stove for 5-7 minutes, occasionally swirling the pan to ensure even cooking. When the edges begin to set but the center is still slightly runny, transfer the skillet to the preheated oven.

Finish cooking in the oven: Bake the frittata in the oven for 8-10 minutes, or until the center is fully set and the top is slightly golden. If desired, sprinkle the shredded cheese over the top of the frittata during the last 2 minutes of baking for a melty, cheesy

finish.

Serve: Remove the frittata from the oven and let it cool for a few minutes. Slice it into wedges and serve warm or at room temperature. Garnish with additional fresh parsley, a squeeze of lemon juice, or even a sprinkle of red pepper flakes for a little extra spice.

Chef's Note: This seafood frittata is highly customizable! You can add other seafood like crab, lobster, or mussels, depending on what you prefer or have available. If you'd like a more substantial dish, feel free to add some cooked potatoes, spinach, or even a bit of bacon or pancetta. For a lighter option, you can reduce the amount of cheese or use a low-fat version. The frittata can also be made ahead of time and stored in the fridge for 2-3 days.

Nutrition Information (per serving, 4 servings total):

Calories: 330

Protein: 28g

Carbohydrates: 6g

Fat: 22g

Saturated fat: 6g

Cholesterol: 290mg

Sodium: 580mg

Fiber: 1g

Sugars: 3g

A seafood frittata is a nutritious and hearty dish that's rich in protein and healthy fats while being low in carbs. It's the perfect way to enjoy a satisfying meal without feeling heavy. Whether you serve it for brunch with a fresh salad or enjoy it as a light dinner, this seafood frittata is sure to become a favorite in your recipe rotation.